

## Show Thyself a Man

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TEXT—I go the way of all the earth: be thou strong therefore, and show thyself a man.—1 Kings 2:2.

An old man lay dying. Behind him was a checkered and romantic career.



In his youth he was a shepherd. He became king of Judah, and upon Saul's death was elected king of Israel as well. His sons Absalom and Adonijah, separately and at different times, tried to wrest his throne from him. At last, however, he had the satisfaction of seeing the son whom he had chosen to succeed him crowned king. As he lay dying he called the young king into his presence, and this is what Solomon heard David, his father, say: "I am going the way of all the earth. Show thyself a man."

### Not by Clothes.

Solomon must have pondered the meaning of these words, and as we look back over his life it might be wondered if he did not interpret, "Show thyself a man," to mean that he should wear costly and ornamental array. His magnificent clothes made such an impression that our Lord, holding forth a lily, said: "Solomon in all his glory was not arrayed like one of these."

Strange, is it not, that even in these days, when the realities of life are being borne in upon us as never before, there are folks who act as if they thought clothes instead of character make the man.

You can test this in most any social gathering. Two men enter; one, with heart as black as hell, but dressed like a fashion plate and with the airs of a gentleman; the other, with sterling character, but green and awkward, wears ordinary plain clothes. The first is a center of attraction while the second is unnoticed unless some one, out of pity, keeps him company. I do not say this would be so if the real value of each man was known, but in the absence of such knowledge, is it not true that often we act as if clothes and not character, make the man?

### Not by Wealth.

It may be Solomon thought his father meant that he should acquire wealth, for he amassed a great fortune and became the richest man of all time. He erected a palatial residence that took thirteen years to build, and had such sumptuous surroundings and so much wealth, that the queen of Sheba, hearing of his glory, came to visit him and when she saw it all, exclaimed: "The half was never told."

How many there are today to whom wealth is an indication of manhood. Let it be said that one is rich, and immediately these people do him honor, as if what he possesses, instead of what he is, makes him a man. It is a bad custom we have of asking how much a man is worth, rather than what is his character. A man may have a good character with dollars, and just as easily, he may have a bad character without them. It is not money, or the want of it, that determines a man's character. It is what he actually is.

Wealth may induce to badness, and so may poverty; neither, however, need be blamed for ruined character, because God will give strength and grace to bear either, if we ask him.

### Not by Culture.

Possibly Solomon thought that culture makes a man, for we read that he became the wisest of all men. Yet after acquiring understanding in many things, it was he who said at last: "Trust in the Lord and lean not to thine own understanding."

We should remember that God puts no premium upon ignorance. He expects us to develop and increase in knowledge.

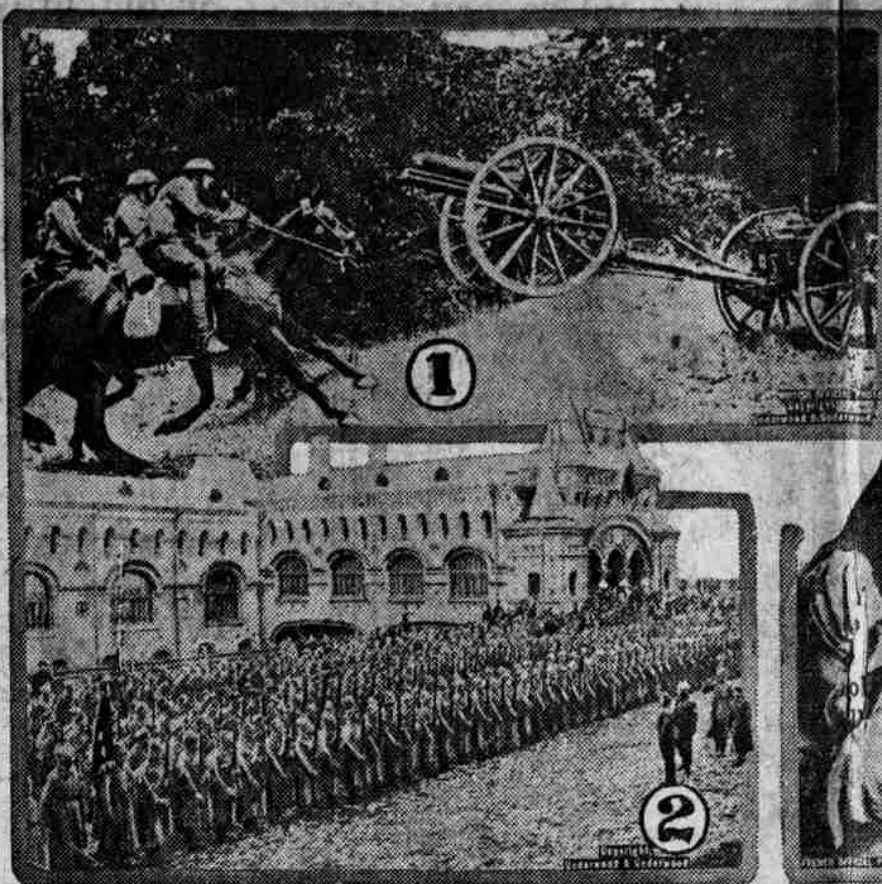
The splendid schools and colleges of our day offer youth great opportunities for development; but should all the culture and learning of the world be acquired, and one know not God and Jesus Christ whom he has sent, he is still ignorant of the greatest and most vital truth—truth that is essential to his character, and without which he lacks the power to build that Christian character which alone can stand the testings of God, and having stood them, endure throughout eternity.

The apostle tells us that "other foundation can no man lay than that is laid, which is Jesus Christ." And he says: "If any man build upon this foundation"—not learning, not culture, but Christ—"he shall receive a reward," provided of course, his building be of such material as will stand the test of fire. And so he adds: "Take heed how ye build thereupon."

Yes, let us take heed how we build thereupon; what kind of Christian characters we erect; but first of all, we need to be definitely sure that we are building upon the only foundation, which is Jesus Christ our Lord. Then as we build our Christian character upon him, may each one of us show himself a man.

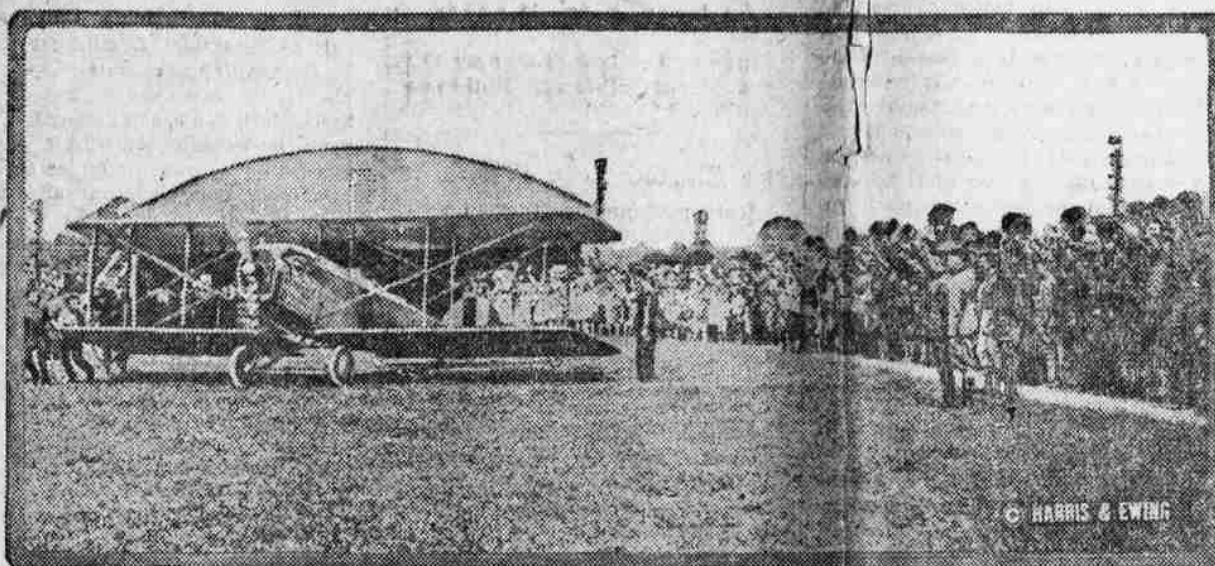
### Christ's Desire.

In our business Christ wants not so much ours but us.



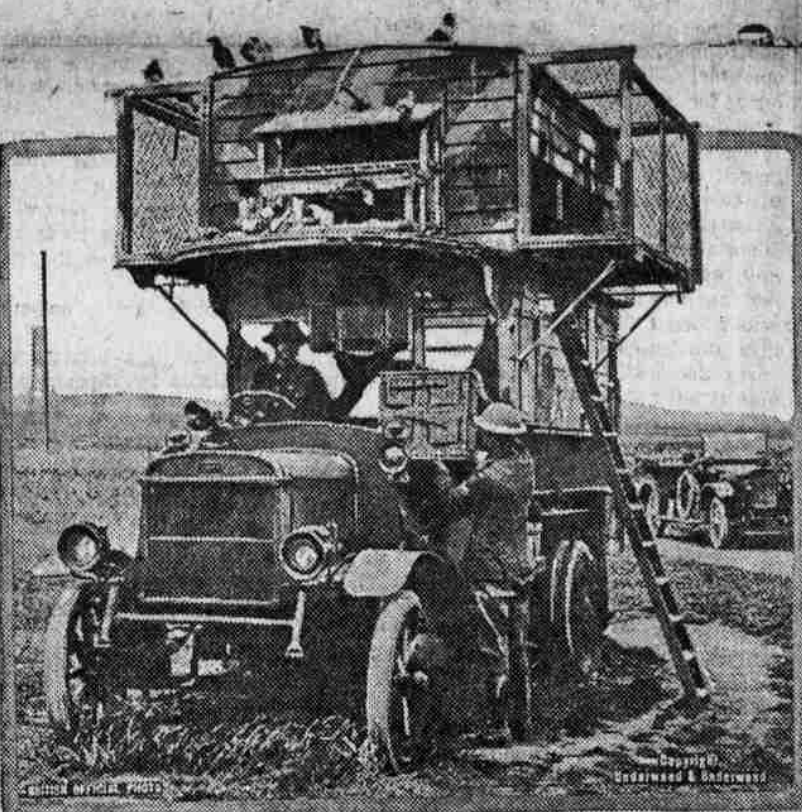
1—British artillery literally "on the jump," rushing up to the firing line. 2—Czecho-Slovak forces being inspected at the railway station of Vlasov before leaving for the interior. 3—Latest photograph of Marshal Foch, the master strategist of the allied armies.

## POST OFFICE TAKES OVER THE AIR MAIL SERVICE



The New York-Philadelphia-Washington airplane mail route passed formally into the control of the post office department August 2, when the first plane left the new landing field near Washington in the presence of government officials and an interested crowd. The mail-carrying planes are encircled by a band with the inscription "U. S. Mail."

## ARMY PIGEONS GOING TO THE FRONT



Carrier pigeons of the British army behave like disciplined soldiers and are a valuable asset of the British army. Here is shown a motor-transport, which was formerly a bus, loading up with the pigeons to take them to the firing lines. The casualties among messenger birds of the British army are about 2 per cent. They are wounded not only by enemy shell, but by attacking hawks. The birds are placed in gas-proof baskets, but should they be gassed they are cared for at a hospital. There is also a prison for enemy birds which have been captured.

## BELGIAN QUEEN VISITS BATTLEFIELD



Queen Elizabeth of Belgium recently accompanied King Albert to a battlefield where their troops had just defeated the Huns. The queen is shown shaking the hand of one of the men cited for distinguished service in the fight.



## OVERSEAS RED CROSS DRESS



The overseas field uniform for the American Red Cross is a dress of gray chambray, a white lawn cap that buttons over the back and a pointed apron fastening to the waist.

### A Snub That Hurt.

"I am afraid Mr. Binger is not going to accept our invitation to call," said Mrs. Somers Day.

"Well," remonstrated her husband, "we can't allow ourselves to fret about who calls and who doesn't."

"But, my dear Mr. Binger is the gentleman who drives around in a wagon and delivers ice."

### Chinaman Saw His Duty.

Hop Long, proprietor of a celestial laundry in Springfield, Ill., wants the world to know "a man from that place is serving in the army." That's why he hung an eight by eight-foot service flag in front of his establishment. The lone star represents Long Wing, the first and only Chinese to go in the draft from Springfield.

### Thomas Paine on Monarchy.

When we survey the wretched condition of man under the monarchical and hereditary systems of government, dragged from his home by one power or driven by another and impoverished by taxes more than by enemies, it becomes evident that those systems are bad, and that a general revolution in the principle and construction of government is necessary.—Thomas Paine



The air for the wing of the sparrow. The bush for the robin and wren. But always the path that is narrow. And straight, for the children of men.—Alice Cary.

### GOOD AND TASTY FOODS.



THE use of left-overs will always be a daily problem in most homes.

**Cereal Fruit Pudding.**—Put a cupful of cooked cereal into two cupfuls of water and boil until thick; then add two cupfuls of milk and cook slowly one hour; add one cupful of chopped dates, figs or raisins, a teaspoonful of salt, two teaspoonfuls of butter and put into a greased baking dish; bake forty minutes in a moderate oven. Serve hot with fruit juice for sauce. It may be garnished with orange marmalade.

**Baked Codfish Puffs.**—Put a package of shredded codfish into a bowl, cover with boiling water and allow it to stand until cool, then drain and squeeze dry. Add one quart of hot mashed potatoes, mix well, then add one cupful of cream sauce, a teaspoonful of onion juice, two teaspoonfuls of butter, salt if needed and a few dashes of paprika. Beat until light, then put into a baking dish, brush with fat and bake twenty-five minutes or until brown.

**Ham Loaf.**—Put three cupfuls of cold boiled rice and two cupfuls of cold boiled ham through a food chopper; add one-half cupful of cream sauce, a half cupful of bread crumbs, a tablespoonful of parsley, a tablespoonful of onion juice, salt, pepper and paprika to taste; a teaspoonful of table sauce and an egg beaten until light. Mix all together and press into a brick-shaped baking pan. Bake thirty minutes in a moderate oven. Serve hot with a sauce, or sliced as cold meat.

**Deviled Fish.**—Take two pounds of any steak fish, brush a dish with fat, lay in the fish and cover with the following: One cupful of cream sauce, one-half cupful of chopped green pepper, half a beaten egg, two teaspoonfuls of salt, one-half teaspoonful of dry mustard, one teaspoonful of table sauce, one teaspoonful of grated onion, two teaspoonfuls of butter; brush the fish with the other half of the beaten egg, add two cupfuls of lightly flaked fish to the sauce and pour over the fish. Sprinkle with bread crumbs and place in a hot oven for half an hour.

The true glory of any nation is in the living temple of a loyal, industrious, and upright people.

### SUMMER DISHES.



POTTED meats are very common in England, even with the plainest cooks. Tongue, ham, meat or fish leftovers are usually potted for the lunch of another day. The delicacy of such dishes depends upon the thorough pounding, which reduces the materials to the smoothest paste. If carefully prepared and sealed, they will keep for months.

**Potted Fish.**—Pick cold fish to pieces, season with salt, pepper, and a little mace, then put into a jar, tie tightly with a piece of muslin, then cover this with a paste made from flour and water, stand the jar in a pan of water and bake in a moderate oven one hour. When done and cold, pound the fish, to a paste, pack it back into the jar and cover with sweet melted fat.

**Potted Chicken.**—Take the cold roast chicken, rejecting the shins and skin, chop fine and to every pint allow a half cupful of chopped tongue or ham. Put the bones left from the chicken into a saucepan, add one pint of cold water and boil down to less than half a pint. Strain and remove the fat. Pound the chicken, ham or tongue to a smooth paste, adding a little of the liquor to moisten, season with cayenne, nutmeg and a tablespoonful of melted butter. Put into small jars or pots and press down tightly. Cover the jars with moistened butter. Cover with paper moistened with white of egg and keep in a cool, dry place.

**Jellied Chicken.**—Cut up a four-pound chicken as for fricassee. Put it on to cook with one small onion, one bay leaf, one blade of mace, three cloves, pepper and salt to taste. Simmer slowly until the chicken is tender. When done cut it from the bones and skin. Put the bones and skin back into the kettle and simmer an hour. Cover one-fourth of a box of gelatin with a little cold water, and let it soak. Add gelatin to the liquor, stir until dissolved, then strain. Taste and add more salt and pepper. There should be about one and a half pints of liquor when done. The next day take all the fat from the top of the jelly, then pour half of it into a square mold and stand on ice to harden. When hard put a layer of the chicken on top of the jelly, then slices of hard cooked eggs (using three), sprinkle lightly with salt and pepper, then more chicken and eggs

until all is used. Pour over this the remainder of the jelly, which should just cover the chicken. Let stand on ice over night before unmolding.

Conversation is but carving; Give no more to every guest Than he's able to digest. Give to all but just enough, Let them neither starve nor stuff.—Walter Scott.

### WHAT ABOUT OATMEAL.



AT MEAL furnishes us with the food elements in better proportion than any other grain. It is more easily digested and contains more body-building material than any other cereal. The oat also contains a large amount of mineral matter, the important body regulating material.

Oatmeal to give its best, must be cooked long and well. As a breakfast food, it stands at the head, yet we are learning to use it in various other ways and in different combinations.

Added to wheat breads it makes a most wholesome loaf. Scald one cupful of rolled oats, let stand until cool, add to the usual bread sponge and proceed as usual, adding more salt than for other bread.

**Oatmeal With Cheese en Casserole.**—Arrange three cupfuls of cooked oatmeal in layers with one cupful of grated cheese. Sprinkle the top with buttered crumbs and bake in a hot oven until the crumbs are brown.

**Oatmeal Soup Italienne.**—Melt one tablespoonful of fat; add a small chopped onion, and cook until slightly brown with one-half a green pepper, also chopped. Remove from the fire, stir in a tablespoonful of corn flour, a teaspoonful of salt, a cupful of cooked oatmeal, and three cupfuls of milk. Cook in a double boiler until smooth. When serving sprinkle with one-half cupful of grated cheese.

**Oatmeal and Fish Croquettes.**—Mix together one and one-half cupfuls of cooked fish, three cupfuls of cooked oatmeal, one teaspoonful of chopped parsley, two tablespoonfuls of chopped onion, one tablespoonful of salt, and a few dashes of pepper. Make into croquettes; dip in egg and crumbs and fry in hot bacon fat. Serve with a white sauce to which a little chopped green pepper has been added.

**Oatmeal Wafers.**—Take two cupfuls of fat, one cupful of brown sugar, one egg, one cupful of oatmeal, five tablespoonfuls of wheat flour, two tablespoonfuls of water. Mix and drop on a greased pan. Bake until brown on the edges.

Run if you like, but try to keep your breath; Work like a man, but don't be worked to death.

### SOME SUMMER MEATS.



THE perishable meats that are not needed for shipping to our army and allies, supply a sufficient variety to keep us from monotony. Among these are tongues, hearts, sweetbreads, kidneys, liver and brains, all good food when well and tastefully cooked.

**Beef's Heart With Veal Stuffing.**—Soak the heart three hours in cold water then remove the arteries and all bits of hard tissue. Chop one pound of uncooked veal, chopped fine, a quarter of a pound of salt pork chopped fine, or the same amount of pork sausage, four tablespoonfuls of bread crumbs, a tablespoonful of onion juice, one teaspoonful of salt, a quarter of a teaspoonful of pepper, one egg slightly beaten and a few fresh mushrooms, if they are obtainable. Mix all these ingredients together and stuff the heart. Wrap in a cloth and sew it. Stand in a small saucepan with the point down, cover with boiling water and just simmer very slowly for three hours, then remove the cloth and bake in a quick oven one hour, basting every ten minutes with a little sweet fat. Serve with a brown sauce, hot or cold. Heart is very nice, sliced and served cold.

**Smoked Beef's Tongue.**—Wash and soak the tongue over night. In the morning put on to cook in a kettle of cold water, simmer gently for four hours, or until it is perfectly tender. Add more water if needed. When the tongue is cold remove the skin. To serve as a hot dish, place on a heated platter well garnished with parsley to cover the root end. What is left may be sliced and heated in a well-seasoned sauce, using such flavors and condiments as one's taste requires.

**Sheep's Kidneys en Brochette.**—Take six sheep's kidneys, cut through the center remove the white veins and fat. Wash well, cover with boiling water and let stand five minutes, then wipe dry. Cut a fourth of a pound of bacon in slices half the size of the kidney, place on skewer a piece of kidney then of bacon, two pieces of kidney to each skewer. Place on a broiler, baste with fat and cook over a hot fire five minutes.

Nellie Maxwell